



2013-14 WELLNESS PLAN QUALIFICATIONS

The following confidential programs are available to all those enrolled in any of the four State medical plans. However, to qualify for enrollment into the Wellness Health Plan, BOTH the enrolled employee AND covered spouse (if applicable) must complete all 3 STEPS (wellness program, one biometric screening option and online Health Assessment) on an annual basis.

STEP 1: ENROLL AND COMPLETE A WELLNESS PROGRAM EACH YEAR

To qualify for enrollment into the Wellness Plan for the following plan year (2013-14), enroll and begin your choice of at least one of the following confidential wellness programs anytime **before December 28, 2012:**

o Cardio Log (NEW PROGRAM!)

One of the best ways to maintain or improve your health is to engage in physical activity each day. Based on feedback, you can now record a greater variety of physical activities whether it's sports, fitness classes, cardiovascular, strength training, flexibility workouts and more.

Wellness Plan criteria: Log a minimum of 40 completed workouts from April 2, 2012 thru March 29, 2013 within Cardio Log on the 'Health Home' page at www.wellnessoptions.nebraska.gov. You must begin logging your workouts before December 28, 2012. A qualifying workout must be a minimum of 30 minutes per day. (Qualifying workout examples include: one 30-minute entry per day OR two 15-minute entries per day OR three 10-minute entries per day.)

o NutriSum (NEW PROGRAM!)

Learn successful strategies for weight loss and earn points for recording healthy daily activities such as: eating breakfast, drinking 5 or more glasses of water, avoiding eating after dinner and more. This program is located within the 'Featured Programs' section on the website.

Wellness Plan criteria: Participants must enroll before December 28, 2012 at www.wellnessoptions.nebraska.gov and earn a minimum of 300 NutriSum points AND complete a minimum of 1,200 total exercise minutes by March 29, 2013.

o Walk This Way

Whether you are currently inactive or active, boost your activity level by wearing a pedometer and tracking your steps online.

Wellness Plan criteria: New and previous Walk This Way participants must enroll before December 28, 2012 at www.wellnessoptions.nebraska.gov and log a minimum of 700,000 steps online before March 29, 2013.

o EMPOWERED Coaching™: Lifestyle Management

Work with a coach to support and guide you in making lifestyle changes by selecting among 13 different focus areas related to physical activity, healthy eating, stress management and smoking cessation. Participants can enroll at the time of your Health Advisor call OR by calling 1-866-956-4285 Option 2 OR by going to www.wellnessoptions.nebraska.gov ('My Coach' left toolbar selection).

Wellness Plan criteria: New and previous EMPOWERED participants must enroll before December 28, 2012 and complete three (3) or more phone calls with your coach before March 29, 2013.

o EMPOWERED Coaching™: Condition Management

Individuals with a chronic condition (Heart or Respiratory Conditions, Diabetes, Depression, Back Pain) can work with a coach, in conjunction with your physician, to help manage your health, feel better and enjoy the best quality of life.

Wellness Plan criteria: Participants must enroll before December 28, 2012 by calling 1-866-956-4285 Option 2 and complete three (3) or more phone calls with your coach before March 29, 2013.

STEP 2: COMPLETE AN ANNUAL BIOMETRIC SCREENING during each corresponding timeframe (starting April 1, 2013) which includes 3 confidential options.

STEP 3: COMPLETE YOUR ANNUAL ONLINE HEALTH ASSESSMENT (April 1 - May 31, 2013) which includes 82 confidential questions regarding your lifestyle choices.

(over)

Qualify for Enrollment into the 2013-14 Wellness Plan*

| When Should I Get Started? | Program Enrollment Period* | Wellness Program | Completion Criteria | How Do I Enroll? |
|--|--|--|---|---|
| STEP 1: Choose and enroll in your choice of at least one wellness program each year. | April 2, 2012 thru Dec 28, 2012 | NEW!!! Cardio Log | Log a minimum of 40 qualifying workouts (≥ 30 min per day) online by March 29, 2013 | Log your workouts within the Cardio Log on the 'Health Home' page |
| | | NEW!!! NutriSum | Earn a minimum of 300 NutriSum points AND complete a minimum of 1,200 total exercise minutes by March 29, 2013. | Enroll by viewing 'Featured Programs' (left toolbar selection) |
| | | Walk This Way | Enroll and log a minimum of 700,000 steps before March 29, 2013 | New and previous participants enroll at 'Walk This Way' (left toolbar selection) |
| | | EMPOWERED Coaching: Lifestyle Management | Enroll and complete 3 or more phone calls with your coach before March 29, 2013 | New and previous participants can enroll at the time of your Health Advisor call OR by calling 1-866-956-4285 Option 2 OR by going to 'My Coach' (left toolbar selection) |
| | | EMPOWERED Coaching: Condition Management | Enroll and complete 3 or more phone calls with your coach before March 29, 2013 | Enroll by calling 1-866-956-4285 Option 2 |
| STEP 2 | April 1 - May 31, 2013 | Biometric Screening | Complete one of the three annual biometric screening options. Note the timeframes for each option. | Go to 'Biometric Screenings' (left toolbar selection) |
| STEP 3 | April 1 - May 31, 2013 | Online Insight Health Assessment | Complete the annual Online Health Assessment (82 questions) | Go to 'Health Assessment' (left toolbar selection) |

***BOTH the enrolled employee AND covered spouse must complete all 3 STEPS (wellness program, one biometric screening option and online Health Assessment) on an annual basis to qualify for enrollment into the Wellness Health Plan.**

For more information on all [wellnessoptions](http://www.wellnessoptions.net) programs, Wellness Plan qualification requirements and more, visit the [wellnessoptions](http://www.wellnessoptions.net) website at www.wellnessoptions.nebraska.gov or call 1-866-956-4285.



NOTE: Participation is to be done on personal time, and is in no way to be considered part of or arising out of employment for the purposes of workers' compensation or for any other purpose. Approved activities during work hours are allowed only for completing Open Enrollment, the Health Assessment and on-site Biometric Screening.